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The Signal



Friday, June 16, 2006

Published for the Department of Defense and the Fort Gordon community

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News UPDATE

POW luncheon

Retired Lt.Col. Barry Bridger, an F-4 pilot who was shot down over North Vietnam, will speak at a joint AUSA/AFCEA/SCRA luncheon at 11:30 a.m. on **Thursday** at the Gordon Club.

Cost is \$10 for military and \$15 for all others.

For reservations call (706) 855-0099 by close of business Monday.

Changes of command

The 369th Signal Battalion change of command will be held at 8 a.m. **Tuesday** on Barton Field.

Lt. Col. Nelo Thomas will relinquish command to Lt. Col. Ralph Higgins.

The 513th Military Intelligence Brigade Change of Command Ceremony will be held at 9 a.m. **Friday** on Barton Field.

Col. David King will relinquish command to Col. William David.

The 551st Signal Battalion change of command is 8 a.m., **June 27** at Barton Field.

Outgoing commander Lt. Col. Michael Shillinger will relinquish command to Lt. Col. Jeanne Hutchinson.

Call (706) 791-6217 for information.

Scholarship awards

Armed Forces Communications and Electronics Association will present scholarships to four local students 11:30 a.m., **June 28** at the Gordon Club.

Col. Lori Sussman, commander of the 15th Regimental Signal Brigade, will be the luncheon speaker.

Brig. Gen. Randolph Strong, commanding general of the U.S. Army Signal Center and Fort Gordon, will present the \$4500 in scholarships to the students.

For reservations, call Sonja Simon at (706) 791-7131

RecruitMilitary Career Fair

A RecruitMilitary Career Fair will be held at the Georgia International Convention Center from 11 a.m.-3 p.m. on **Tuesday**. The convention center is located in College Park, Ga. in the Greater Atlanta area.

The event is for veterans with a wide variety of work experience who are transitioning from active duty, members of the National Guard and reserves and military spouses.

For information, visit www.recruitmilitary.com

Army celebrates 231 years service



2006 Army Birthday Message Call to Duty – Boots on the Ground

The United States Army was born out of the desire to defend liberty and proudly celebrates its 231st birthday on 14 June 2006.

Since 1775, millions have worn the uniform and lived the "Warrior Ethos." Soldiers have always understood that the freedoms our nation guarantees are worth fighting for and America's decision to put "boots on the ground" illustrates like no other action its continued commitment to these ideals.

Today, America's Army is engaged in a global war on terrorism and has a presence in 120 countries. Soldiers have long sacrificed their personal comfort and safety to answer a higher calling. Despite hardships and dangers to life and limb, Soldiers have always answered the call — and our nation has long relied on your courage, your sacrifice and your selfless service.

To our Soldiers around the world, our thoughts are with you and your families on this 231st Army Birthday. We are proud to serve with you, as you embody the Warrior Ethos. You have made our Army the most respected institution in the United States and the pre-eminent land power on Earth. We are humbled by your sacrifice and awed by your achievements.

God bless each and every one of you and your families, and God bless America.

Kenneth O. Preston
Kenneth O. Preston
Sergeant Major of the Army

Peter J. Schoomaker
Peter J. Schoomaker
General, United States Army
Chief of Staff

Francis J. Harvey
Francis J. Harvey
Secretary of the Army



Photo by Kristy Davies

Fort Gordon celebrated the Army's 231st birthday during a ceremony in Conrad Hall Wednesday. After a demonstration of the Army's uniform transitions over time, Brig. Gen. Randolph Strong, U.S. Army Signal Center and Fort Gordon commanding general, said, "Our Army team has never been stronger." Joining Strong for the cutting of the cake were the youngest Soldier and youngest officer. (From left to right) Strong, 2nd Lt. Jennifer Brewster, Co. B, 442nd Sig. Bn.; Command Sgt. Maj. Vernon Praymous, 15th Regimental Signal Brigade command sergeant major; and Pvt. Otto Lee Omoto, Co. D, 369th Sig. Bn. cut the Army birthday cake with traditional sabers.

Reserve units arrive for annual exercises

Staff Sgt. Kevin Buckley
300th MPAD

It's that time of the year when the gates are busier and the post bustles with Soldiers from all over the United States.

The increased activity is due to an annual U.S. Army Reserve Command training event held here called Exercise Golden Medic. In addition, there are Air Force personnel and Soldiers from Germany and Puerto Rico involved in the event that will continue through June 25.

One of the units participating in the annual exercise is the 75th Combat Support Hospital based in Tuscaloosa, Ala.

The reserve Soldiers of the 75th CSH along with members of the ITS Medical Systems began assembling their combat support hospital Friday. They will spend the next few days setting up a field hospital and preparing for the field training exercise that will be happening over the weekend.

"It is great to be able to work

with the Soldiers," said Bruce Reville, supply technician with ITS Medical Systems. ITS Medical Systems has provided support services to USARC for more than a decade.

"We help the Soldiers set up the hospitals and then we are hands off during their (field training exercise) so that they can use the skills that they have. We do come back and help them take down the hospital," Reville added jokingly.

This year the 75th CSH operations have more of a coalition focus because it is hosting a German medical officer, Lt. Col. Jobst VonFallois from the Germany Army Medical Reserves. He is one of 20 officers who are on an exchange program with the U.S. Army Reserve this year. VonFallois is commander of a 200-bed hospital in Germany.

"The last time I visited the United States, I was nine years old," said VonFallois. "I have come here to learn how the American medical troops set up field hospitals. I hope to take

my knowledge back and teach my own troops how it is done".

The 75th CSH has Soldiers from Alabama, Tennessee and Mississippi. "It is interesting to see all of our troops together for this exercise," said U.S. Army Reserve Col. Steven

Weens from Tuscaloosa, Ala. "This is personally my first time here and I look forward to the FTX.

"The Soldiers are extremely motivated and their morale is high. That is exactly what I like to see," said

Weens, executive officer for the 75th CSH. "I am very anxious to be able to watch our troops in action and I am sure they will give everything they have to make this training a success because they always do."



Photo by Sgt. Ron Reeves

U.S. Army Reserve Soldiers from the 75th Combat Support Hospital headquartered in Tuscaloosa, Ala., erect one of several tents Friday on Fort Gordon in preparation for Exercise Golden Medic, the premiere medical training event for Reserve Soldiers.

New cell phone regulation extends off post

Kristy Davies
Signal staff

Talking on a cell phone while driving can be dangerous. The Department of Defense prohibits the use of a cell phone on a military installation while driving, with the exception of a hands-free device and during emergencies. Now, the U.S. Army Training and Doctrine Command has taken that policy a step farther and directed TRADOC installations commanders to implement it by local regulations to be effective on July 1.

"After reviewing our safety programs, to include risk factors that are linked to accidents," said Gen. William Wallace, TRADOC commanding gen-

eral, in a memorandum. "I conclude that the Army must change (regulations) to extend the prohibition of non hands-free cell phone use to Soldiers driving privately owned vehicles off the installation."

The decision to prohibit the use of cell phones without a hands-free device while driving off post came with extensive rationale behind it.

The memorandum stated that "POV and motorcycle accidents comprise two-thirds of the non-combat deaths in the Army."

A study conducted by Virginia Tech released in April found that almost 80 percent of crashes and 65 percent of near-crashes involved some form of

driver inattention within three seconds of the event, according to Wallace's memorandum.

In the memorandum, Wallace includes information on the DOD cell phone use policy and seatbelt requirement regulations as a comparison. When explaining why this policy is to take place before many states are able to put a similar law in place, he states "We simply cannot and should not wait for the states to piecemeal legislative changes..."

The violation of the new off post prohibition will only be addressed through administrative action and will only apply to Soldiers subject to the court-martial jurisdiction of a

TRADOC installation commander. Accordingly, a Soldier assigned to a military intelligence brigade at Fort Gordon will be subject to the new policy, but a TRADOC Soldier assigned to a non-TRADOC installation, such as Fort Hood, Texas, would not be.

"If you are caught using your cell phone off post, you can not be court-martialed for a violation of the new policy because Gen. Wallace directed that it only be enforced through administrative action," explained Col. Shawn Shumake, Fort Gordon Staff Judge Advocate.

See Cell Phone, Page 2

Reading launches magical journey

Charmain Z. Brackett

Contributing writer

With scarf tricks, a burning book and magical cards, David Ginn showed children how fun reading could be.

“I learned my first magic tricks in the 793 section of the library,” said Ginn, who pre-

sented a magic show called “Secret Tales from A Lost Castle” at the Woodworth Library on June 7 as part of the summer reading program.

Ginn told tales of magic and related them all to reading and children using their imaginations.

One story was of Shorty

Long, a dwarf who dreamed of being a professional basketball player. He would sit at the top of the castle, read books and dream.

One day, a giant came to the castle threatening to eat Shorty, but Shorty imagined his legs growing and soon, his legs were so tall that he stepped off

the top of the castle. Meanwhile the giant was running to the top of the castle via the stairs.

It was a magical castle, and when the giant came back down, he was the shortest giant ever.

Over the summer, there are special programs scheduled on Wednesday mornings at the library.

“We want to help them keep their reading skills up,” said Joyce Daniels, children’s program coordinator. “We don’t want to let them slack off. Their reading level can go up.”

Special programs include a tie-dye T-shirt craft at 11 a.m. Wednesday, and a bird-feeder making workshop at 11 a.m., June 28.

Last year, about 98 children participated in the summer reading program, she said.

This is the second summer Shannon Rogers has brought her children, William and Elizabeth, both 3.

Although they are too young to read, the children love coming to the library, she said.

“They love books,” said Rogers.

The summer reading program is for children between the ages of 2 and 14 years-old.

For more information, call (706) 791-7323 or visit www.gordon.army.mil/dhr/library/.



Photo by Charmain Z. Brackett

After popping a balloon, magician David Ginn stands back to reveal Harry the rabbit. Ginn performed a series of magic tricks and tied them in to the importance of reading at Woodworth Library’s summer reading program on June 7.

Cell phone

From page 1

“Administrative action includes comments on Officer Evaluation Reports or Noncommissioned Officer Evaluation Reports, and reprimands or admonitions, along with adverse line of duty determinations.

“A commander couldn’t take criminal action against you,” Shumake continued. “He or she could only affect your career in other ways. It’s only administrative, which means no UCMJ action; no Article 15.”

Shumake will draft changes to the current Commanding General’s Policy Memorandum No. 8, Cellular Phone Use While Operating a Motor Vehicle on the Installation, to extend it to Soldiers driving off post.

In his memorandum, Wallace explains why he has sought to prohibit cell phone use by saying, “...we must attack those problems that we can.”

Although enforcement of the new policy may pose some challenges, enforcement will be possible and violations could hurt Soldiers’ careers.

“If you get into an accident and the accident investigation reveals that you were driving with a cell phone at the time,” said Shumake. “You could be subject to administrative action. Someone might also see you using the phone and report it to your command.”

Shumake compared the new policy to the seatbelt and motorcycle helmet use policies, which also apply off post.

“If you’re on a motorcycle and not

wearing a helmet, then you run the risk of someone looking and saying ‘you didn’t follow the rules and you’re acting recklessly,’” he explained.

Motorists who use cell phones while driving are four times as likely to get into crashes serious enough to injure themselves, according to a study of drivers in Perth, Australia, conducted by the Insurance Institute for Highway Safety.

Not following the policy could result in not only administrative action, but liabilities in the case of an accident.

According to the Insurance Information Institute’s web site, in mid-October

2004 a Virginia jury awarded \$2 million in damages to the family of a young girl who was killed by a driver using a cell phone at the time of the accident.

“What TRADOC is hoping for is that this new policy will help change the behaviors of some people,” said Shumake. “People who care about the rules will follow them and those people and others on the road around them will be safer.”

“We lose too many Soldiers every year to traffic accidents,” continued Shumake. “We want to do whatever we can to help people be safe and that’s the goal of the policy.”



Photo by Kristy Davies

Using a cell phone without a hands-free device while driving is prohibited on Department of Defense installations. To increase safety awareness, Gen. William Wallace, TRADOC commanding general, has extended the regulation to include the prohibition of cell phone usage while driving off post. The new policy will go into effect July 1.

Lightning damage claims process

Residents of Fort Gordon are undoubtedly well aware of the number of lightning strikes and power surges that occur on the installation. These frequently cause damage to all variety of electrical appliances owned by Soldiers and their families on Fort Gordon. Unfortunately, because these power surges are not unusual in comparison to those experienced in the civilian community, the Army claims system does not consider damage from a power surge to be a payable claim.

Since this area is subject to frequent thunderstorms and power fluctuations, residents are expected to use surge suppressors to protect delicate items such as computers, televisions and DVD players.

It is virtually impossible to distinguish damage caused by a mechanical defect from surge

damage by inspecting the item; therefore, a repair firm’s statement or a claimant’s honest belief that the loss occurred as a result of a power surge during a storm may not be sufficient to show what caused the damage.

In the rare case when lightning has actually struck the claimant’s residence or objects outside it, such as the transformer box, or when power company records or similar evidence show that a particular residence or group of residences were subjected to an unusually intense power surge, a claim for power surge damage may be payable. If your quarters are struck by lightning, call the fire department immediately.

Claims that electrical or electronic devices were damaged by a power outage, as opposed to a surge, are not compens-

able. An outage unaccompanied by a power surge will not damage a properly designed electrical or electronic device.

Claims that food was spoiled by a power outage may be considered if the outage is of unusual duration. What constitutes “unusual duration” is determined by how long it normally takes food to spoil under local climatic conditions.

In this area in the summer, food may spoil in one day. But, before paying such a claim, it must be determined that the food did not spoil as a result of either the owner’s negligence in repeatedly opening and closing the refrigerator door or the food’s existing condition.

Therefore, if you experience a power outage, refrain from opening the refrigerator door or, if you have ice and another container available, take steps to preserve the food by putting it

in a cooler. If, despite your best efforts, food spoils, you may file a claim for compensation.

If you have questions about any claims matter, please call the Fort Gordon claims office at 791-3630 or 791-6542.

A splashing good time for all

Tammy Moehlman
Special to the Signal

How many of us when swimming or skimming across the lake think about kids who can't?

There are a group of people around Augusta and Fort Gordon who do.

These individuals came together to help the many children who need assistance to participate in sporting activities because of medical or physical challenges or cognitive delays.

The Eighth annual CMC WEE CAN SKI was held Saturday at Pointes West Army Recreation Area at Lake Thurmond by the Medical College of Georgia's Children's Medical Center.

"We have been doing this event for eight years and I was fortunate enough to help coordinate this the very first time and we are still doing it and going strong," said Julie Moretz, director of family services and development at MCG. "I think the first year we started out with maybe 10 children and maybe 50 volunteers and today we have 360 volunteers and 53 children registered to water ski."

The CMC WEE CAN SKI program was developed as a way to give children with challenges an opportunity to enjoy the adventure of waterskiing. The event relies heavily on the support of volunteers and donations to reach its full execution.

"We did a lot of fundraisers to be able to purchase the adaptive water skiing equipment, but as far as boats and the jet skis, that is donated by the volunteers who let us use the equipment," commented Moretz. "We have been so fortunate to have very kind donations, such as Sconyers to donate all the food, Coca Cola

donating the bottled water, even the volunteers donating the gas for the boats. And we know how expensive that is. But you know the most important thing is time, the volunteers who have donated their time, and certainly the Soldiers here at Fort Gordon have been absolutely fabulous. We couldn't have done this without them and particularly this year they were just wonderful, they just seemed to know what to do."

Moretz said she is usually anxious when they have so many new people volunteering because she is always concerned with safety above all else and always holds a briefing for volunteers before the event. It was a relief this year when the Soldiers seemed to fall into leadership positions so easily and jumped on whatever task they were asked to take on.

Volunteers from Fort Gordon have supported the event in the past and this year was no different with various classes coming out to aid the event. Soldiers in the Signal Officer Basic Course were among those who lathered on sunscreen and shielded their eyes with a pair of sunglasses to give these deserving kids a day of fun in the sun.

Some volunteers, like 2nd Lt. Vincent Cooper, SOBC student assigned to the 442nd Signal Battalion, have no idea how to ski, but still came out to give their support.

"It was a very good opportunity to come out ...and help the kids do something they don't get to do on a regular basis," said Cooper.

He worked with a team of volunteers who transported participants that had been fitted with skis safely down to the water and prepared them to glide across the water.

"The smiles," recalled Cooper about his experience. "When you see the kids smiling; they're happy and they're excited. You ham it up a little with the cheering section. You get your reward because the



Photos by Tammy Moehlman

Volunteers watch as the last jet ski rides of the day leave the shoreline of the Pointes West Recreation Area.

kids are having a good time. They are enjoying themselves and you know you're doing something really positive to help them out."

The reward of helping these kids and bringing smiles to their young faces was a reward that all the volunteers could take with them at the end of the day.

"It's fun to see the kids when they go out scared to death and when they come back all you see is teeth and that's a tremendous feeling. It's just wonderful to see these kids have a good time," remarked Joe Black, a resident from the area who has volunteered at the event for six years.

Black knows just how much events like this one brighten the lives of these wonderful children. He brought his daughter, who was unable to do many things without a little assistance, to similar events that allowed kids to participate in activities they normally did not get to. For his daughter it was one of her greatest joys.

"I'm going to tell you what. If your heart don't swell up when you see these kids smile and you realize what good friends they are and they come away with new friends just from working with the people out here; you just meet good people, that's the bottom line," he added.

The event provided new opportunities and experiences for not only the children but also their parents.

"It's an experience you can enjoy as a family. You are giving them the opportunity to do something they can't do on a regular basis. It's also the security that if they fall off there's someone there to protect them," said Gaysho Harris, mother of a child participating in the event.

This was the first time Harris and her son Curtis, 5, have participated in the event. It was a first for both mother and child as they rode a jet ski for the very first time. Curtis also tried waterskiing, but said he enjoyed riding in a boat most of all.

"I enjoyed it and he enjoyed it," she adds and comments that she plans on coming to the

event in the future.

Matt Miklas, 18, has participated in the event for many years and enjoys the opportunity to make new friends and make waves.

"The people are great, it's a fun event, you get to do a lot of different things, waterskiing, jet skiing, boat rides," explained Miklas. "Trying something new, not staying at home, just going out and doing something different."

He has seen how some of the kids are a little nervous at first, but after they get out there they enjoy it. He thinks that their uneasiness was lessened by the security of the volunteers being there if you need them.

"It keeps growing every year. I know this one guy who came out last year and was a little scared and came back this year and loved it," he added. "It's awesome, I look forward to it every year."

Volunteers performed many duties including serving as lifeguards on the boats and jet skis. They also helped with catching kids as they came in from skiing, assisting with tube rides, fitting kids with skis and setting up the food.

"Any opportunity we have to come together within the Fort Gordon community and help out, it just kind of gives you a good feeling," commented Cooper. "It's very gratifying."



With smiles on their faces, Soldiers from SOBC finish their day by loading adaptive ski equipment and other supplies into a truck.

Fort Discovery summer camp

‘Whodunit’ teaches kids science fun

Charmain Z. Brackett
Contributing writer

At death, the body temperature rises because of the activity of bacteria within; about an hour later, the temperature has cooled, and the limbs are limp; within two to six hours, rigor mortis has set in.

Would-be coroners learned a few facts about death during Fort Discovery’s Whodunit The Science of Solving Crime last week.

“It’s been a busy week,” said Robert Brunson, a Fort Discovery employee helping with the camp targeted at sixth through eighth graders.

Fingerprinting, handwriting analysis and a visit by a police k-9 unit were all part of the week designed around a similar exhibit at the science center.

The crime camp was one of three sessions last week. While the pre-teens watched a video on blood-spatter patterns, younger children delved into other areas of science.

The second and third graders tapped into their inner-inventor in the By Kids For Kids Brainstorm Challenge.

They made cars, paper air-

planes and parachutes for paper dolls and tested all of them.

During the paper airplane making activity, the children had three tests for their planes.

They had to make it do a trick such as a loop or spin; they had to be accurate and try to hit a target, and they had to streamline it to make to a long distance, according to Pamela Smith, the lead teacher for that session.

They learned ‘they can’t have the same airplane for all three,” she said.

In another part of the science center, fourth and fifth graders pretended they were stranded on a uncharted island and had to figure out how to survive.

On their journey to survival, they encountered mummies and fossils.

The best part, however, was searching for buried treasure, according to Olivia Bernard, a rising fourth grader at Merriwether Elementary School in North Augusta.

“It’s cool,” she said.

Clues were planted throughout the science center until the treasure which included toys, pencils and fun-shaped erasers was located.

Fort Discovery has three additional weeks of camp scheduled for June 19-23, July 10-14 and July 24-28.

Topics include space and rocketry for fourth through sixth graders June 19-23 and dinosaurs for third and fourth graders July 10-14. There are three different activities planned during each session.

Camps are \$150 for Fort Discovery members and \$175 for non-members.

The science center is the headquarters for the National Science Center, which is a partnership between the Army and the private sector.

For more information, call (706) 821-0646.



Photo by Charmain Z. Brackett

Jordan Lilly (left) and West Hodges, both rising fourth graders at Episcopal Day School, dust salt off an apple during an activity at Fort Discovery last week. They looked to see how well they had preserved the apple. Mummies and preservation was one of the topics covered during summer camp.

Vietnam prisoner of war coming to speak

Charmain Z. Brackett
Contributing writer

Despite the threat of the torture chamber facing them, Americans in the infamous Hanoi Hilton of Vietnam put their selves aside to reach out to their fellow countrymen.

“All of these Americans were ready to leap into the breach irresponsible of the consequences,” said Retired Lt. Col. Barry Bridger, who spent six years in the prison camp after his plane was shot down in North Vietnam in January 1967.

Bridger will be the guest speaker at the combined luncheon of the Augusta chapters of the Association of the United States Army, Armed Forces Communications Electronics Association and Signal Corps Regimental Association at 11:30 a.m.

Thursday, June 22, at Fort Gordon’s Gordon Club.

“In Hanoi, there was a group of Americans who had the same value system and common backgrounds,” he said.

The American spirit still shone brightly in spite of the beatings and torture that they faced.

For six years and two months, Bridger spent his days focusing on getting through until the evening.

“We quickly learned that any man can carry a burden no matter how hard for a day. We lived each day trying to get to nightfall. It was a relief,” he said.

Thoughts of escape or rescue took a backseat to thoughts of survival, he said.

During those years, there were times when he reached out to help others only to find himself in the torture chamber.

One of the greatest lessons Bridger learned during his experience was that to be a giver and not a taker brought the most joy and peace in his life.

“You will discover joy and peace reaching out to help people. The universe is much bigger than you,” said Bridger, who now resides in Missouri.

He also learned to keep focused and not to become distracted.

Bridger spent another 11 years in the Air Force after returning from Vietnam.

He retired in 1984 after 22 years of service and is employed by First Command Financial Planning as an ambassador making 50 to 75 presentations a year.

The cost is \$10 for military and \$15 for all others. For reservations, call (706) 855-0099 by close of business Monday.

Viewpoint

INFORMATION, OPINIONS AND COMMENTARY

Army must keep touch with Joe Average

David Kuhns Sr.
Northwest Guardian Editor

Once again, all the major national polls are reporting that the military services are the most trusted institutions in the United States.

As we approach the Army's 231st birthday, it is pleasant to know that the service we are all part of is held in such high esteem. But after a brief period of self-congratulations, it would be well for us all to reflect on the implications.

Having that degree of trust from the American people implies an awesome responsibility. If people are going to place that degree of trust in you, you better live up to expectations.

That is the secret of the Army, I think. We are answerable to every voter, every Joe Average in the nation. Soldiers might be remote from the senior levels of their chain of command, but to see the boss, all they have to do is drive out the main gate.

In this time of a professional Army it might be easy to lose that connection. The pace in the Army is pretty intense. Units all seem to be preparing to deploy, deployed or recovering

from a recent deployment. There is no time out; few opportunities to get away from the green machine and just be one of the guys. That is the case even for civilian workers on post. Tight budgets mean more has to be done with fewer people. Everyone feels the pressure.

With all that, it would be easy to stay within our own Army world – easy, but dangerous.

In the history of the world since our nation's founding, effective, professional militaries have rarely been associated with democracy and freedom. Think about it – there were the British in the 19th century, the U.S. now and...I can't think of another case.

Democracies have always depended on conscription – the draft – to fill the ranks of their armies during war and usually during peace, too. Otherwise, their ranks have slipped to small cadres that barely stayed prepared for the next mobilization, when they would train a new wave of citizen soldiers.

But a professional Army – especially one that is isolated from the population it protects – could easily trans-

form into a military class, one with more allegiance to its own members than to the rest of the nation's people.

Sound far-fetched? Look around the world and think of how many nations must think of their militaries when considering political power. That the military isn't considered a political force here might be one of the most remarkable things about our country and our Armed Forces.

That high level of trust the polls

report comes because the Army and its sister services have shown they are good at their jobs, certainly. But also because rarely have those in our nation's uniforms ever questioned the authority of the civilians they serve. Only the lunatic fringes seriously consider anyone in the Army, the Navy, the Air Force or the Marines a threat to the civilian institutions that run the country.

We would all do well to stay connected

to that off-post world. That trust is a valuable commodity. It means having the support needed to accomplish the mission; knowing families are cared for when Soldiers deploy; knowing there is a welcoming community to turn to when that career in uniform is over. And it is always good to remind yourself who the boss is.

(David Kuhns Sr. is the editor of the Northwest Guardian at Fort Lewis, Wash.)

Historical foundation seeks Soldiers' stories

Army News Service

WASHINGTON – Soldiers past and present now have a unique opportunity to share their stories through the Registry of the American Soldier.

Managed by the Army Historical Foundation, the web-based registry is a celebration of the service and sacrifice of Soldiers from 1775 to today in peace and in war.

The Registry will be permanently displayed at the National Museum of the U.S. Army when it opens in 2011 at Fort Belvoir, Va. It will also remain accessible via the Internet, according to Dick Couture, the foundation's director of Donor Marketing and Data Management.

Each Registry entry will include the Soldier or veteran's name, rank, hometown and service history. Because the

Registry is to serve as a link between those who have served and the American public, Couture encourages participants to share their personal stories.

"They all have a story to tell, and we want to hear about it in their words. Their memories and personal experiences will bring Army history to life and make it memorable for future generations," Couture said.

The names and service histories of more than 18,000 Soldiers and veterans have already been entered at www.armyhistory.org.

Current Soldiers and Army veterans can enroll in the Registry of the American Soldier at www.armyhistory.org. Spouses, parents, children and friends can also enroll serving and former Soldiers, to include deceased veterans.

Feedback...

Sunday is Father's Day

What would you like to say to your father?

By Larry Edmond



Thank you for all your guidance and support and for helping me with my career in the Navy.
Lt. Karl Schwab
Navy IOC Georgia



Thanks dad for serving in the Army, for raising me and inspiring me to be a good leader.
Sgt. Annie Bernholtz
HHC, 15th Signal Bde.



Thank you for everything that you have done...for all of the advice you have given over the years. You have truly been a blessing to me.
Monica Jones
Navy contractor



I am really sorry I could not be there for your birthday party last Sunday. Thank you for raising me and allowing me to pursue this military career.
Senior Master Sgt. Steven Hahn
31st Intel. Squadron



Thank you for your guidance and wisdom in rearing me and making me the man I am today. I love you to death.
Senior Chief Petty Officer Gregory Samuels
Navy IOC Georgia



We need to communicate more. Call me.
Happy Father's Day.
Ens. Elyshia Hughes
Navy IOC Georgia

Jenny

By Julie L. Negron

'Promises, promises'



The Signal

News Office (706)791-7069

Nelson Hall Room 209, Fax (706) 791-5463
www.gordon.army.mil/pao

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Commanding General:
Brig. Gen. Randolph P. Strong
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James L. Hudgins
Command Information Officer:
Nancy Martin
Staff Writers: Kristy Davies, Larry Edmond, Bonnie Heater and Tammy Moehلمان
Editorial Office: Fort Gordon Public Affairs Office, Bldg. 29801 Room 209, 520 Chamberlain Ave., Fort Gordon, Ga. 30905-5735
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New DVD tackles teen deployment stress

Elaine Wilson
Army News Service

FORT SAM HOUSTON, Texas – A new DVD aimed at reducing deployment stress for military teenagers is scheduled to be released worldwide this month.

The 30-minute DVD, called “Teens Coping With Military Deployment – How’s Your Family Doing?,” addresses a variety of teen deployment-related concerns, including fear of injury or death, anxiety brought about by changes in the home and coping mechanisms for dealing with the absence of a parent.

A mix of personal life experience and concern for fellow Soldiers and their families inspired Maj. Keith Lemmon to create the DVD.

“I deployed to Afghanistan (in 2002), and while I had my concerns, I thought my family would cope with my absence fairly well,” said Lemmon, an adolescent medicine specialist in training at Brooke Army Medical Center.

A pediatrician with a wife experienced in the education field, Lemmon figured his family was well equipped to recognize signs of deployment-re-

lated depression and stress and, therefore, better able to handle the effects.

“But it soon became apparent that no one is immune,” he said. During his deployment absence, his wife struggled with situational depression and his 4-year-old son was irritable and acted out.

“I was concerned; if deployment affected us this significantly with all our strengths, what might others be facing?” Lemmon said.

Shortly after his return, Lemmon became interested in the affects of deployment on families. He discovered projects in the works for other age groups, including a DVD called “Mr. Po & Friends” for 6- to 12-year-olds and a preschool DVD by Sesame Street in the early stages of development.

“But there was nothing for adolescents,” Lemmon said. “We decided to concentrate our efforts on that age group since there was nothing out there to address their mental-health issues in relation to deployments.

“Our goal was to reduce the anxiety and fear surrounding a military deployment, and to let teens know they are not alone in the struggles their families are facing,” he said.

A DVD made sense, Lemmon said, as it would grab the attention of a TV- and computer-driven generation.

For funds, Lemmon enlisted the help of his fellowship program director, Col. Elisabeth M. Stafford, military child health and wellness expert, and applied for a \$20,000 grant from the American Academy of Pediatrics – successfully.

The grant proposal included a plan to address the affects of deployment on adolescents – develop a DVD and Web site, create a training curriculum and offer civilian health care providers training so they could better screen for deployment stress.

Lemmon’s first step in implementing his comprehensive teen plan was to create the DVD. He decided to make the DVD “peer to peer, with teenagers relating their own deployment-related stories and offering advice.

“We know adolescents are more comfortable discussing these kinds of emotional issues with each other rather than adults,” Lemmon said.

Last summer, Lemmon visited Operation Purple, a summer camp for children of deployed service members, in New Hampshire to interview adolescents for the DVD. Lemmon said

he was surprised that teens were so eager to discuss the various emotions surrounding their family deployment stories.

“I asked children about the affects of deployment — What are you most worried about? Did your families prepare you? Did the military offer helpful support? I ended up with about nine hours of video which we edited down to 30 minutes,” he said.

The final product features various teenagers touched by deployment talking about their experiences and lessons learned, some tearfully and others with regret.

“Since he’s been gone ... I cared a lot less because I didn’t have anyone to push me to do better,” said Tyler, one teen featured in the DVD. “I ended up starting out the school year being an A-plus student, and by the end of the school year I was getting Cs and Ds.”

Other teens expressed worry for their deployed parent, particularly in light of media attention surrounding the war.

“It’s horrible what you hear on the news; it’s like, oh, in Iraq there’s another bombing. You’re just like, please don’t let it be (where) my dad is,”

Victoria said.

Teens on the DVD advise others to listen to the deployed parent rather than the media or to avoid the news altogether. They also encouraged others facing the same issues to speak to someone, whether a family member, friend or a trusted adult such as a teacher or their doctor.

“Don’t keep your emotions bottled up, let it all out and talk to people, people who had their (parent) deployed, and ask them for advice and what to do and what not to do,” said James.

“Kids say the darndest things,” Lemmon said. “They offered a lot of sound advice that I was not expecting. I think many adolescents will benefit from this DVD.”

The DVD is scheduled to be released near the end of June and will be available at the American Academy of Pediatrics Deployment Support Web site at www.aap.org/sections/unifserv/deployment/index.htm, along with instructions on how to obtain a copy of the DVD.

(Elaine Wilson writes for the Fort Sam Houston Public Information Office.)

Donations raise nearly \$100K for family, youth

Arthur McQueen
Army News Service

HEIDELBERG, Germany – An increase in locally focused contributions from Soldiers and Department of Defense civilians to the Combined Federal Campaign Overseas will bring nearly \$100,000 to family and youth programs in U.S. Army, Europe.

Brig. Gen. Rusty Frutiger, USAREUR deputy chief of staff for personnel, and Peter F. Sun, IMA-EURO chief of staff, received the \$98,895 check, symbolizing the donations designated for Family Support and Youth Programs, from Renee Acosta, worldwide CFC campaign manager.

“The FSYP is unique to the CFC-O and is the only way to donate locally while overseas,” said Constance T. Baker, director of CFC-O, Europe, who also attended the presentation.

“This is one more great way to give back,” Frutiger said after accepting the check. “It’s all



Photo by Sgt. Aimee Millham

Renee Acosta (right) shows Brig. Gen. Rusty Frutiger, USAREUR deputy chief of staff for personnel, and Peter F. Sun, IMA-EURO chief of staff, the check representing nearly \$100,000 of designated contributions to the USAREUR Family Support and Youth Programs.

about people.”

Baker said all FSYP contributions reach the community, as no administrative costs are deducted.

“CFC-O contributors are very generous and attuned in their contributions. I am thrilled that they are making their overseas communities their home,” she said. “It’s like planting flowers for the

next resident to enjoy.”

The funds are distributed to the installation of origin, said Baker, and support quality of life programs as the local commander deems appropriate.

(Arthur McQueen writes for the U.S. Army, Europe, Public Affairs Office.)

YMCA youth learn traditions

Mel Slater
Special to the Signal

How do you keep the attention of 22 children ages 5 through 12?

The promise of fireworks or in this case, rifle fire, will do the trick.

Fort Gordon Installation Support Platoon demonstrated their skills in flag folding and rifle detail to children from the South Augusta Family Y Friday as part of a field trip coordinated by the Directorate of Plans, Training, Mobilization, and Security. The field trip also included a stop at the installation’s Fire Department and lunch.

“This is part of a summer program that exposes the children to various areas throughout Augusta,” said Johnnie Pitts of DPTMS.

The first stop for the young visitors was the ISP. They were taken inside for a short version of the ISP’s information briefing while members of the Color Guard’s burial detail were outside standing ready in full ceremonial dress. Several of the children got very excited when they learned that the rifle detail would fire their weapons during the demonstration.

The youngsters went outside where they were treated to a demonstration on folding the United States flag during burial

ceremonies. The meaning of each fold was told to the youngsters during the ceremony.

The rifle detail marched into view as the children watched closely in anticipation. The narrator explained the purpose of the rifle detail as they moved into position. The sergeant in charge of the detail gave the commands and the rifle detail fired two times. The Soldiers then saluted with their weapons. A bugler played Taps.

The demonstrations were followed by a lesson on how to properly fold the flag. The

children were divided into groups and practiced folding the flag under the watchful eye of members of the Color Guard. Pvt. David Kliever, from the 202nd Military Intelligence Battalion, assisted the children from one group. “The kids loved it and they seemed very interested in folding the flag,” Kliever said.

The children later posed for a photo with their new friends at the ISP. The visit ended with a splash at installation’s indoor swimming pool.



Photo by Mel Slater

Pvt. David Kliever of the Installation Support Platoon shows children from the South Augusta Family YMCA the proper way to fold the U.S. flag during a tour Friday.

Faith beyond the shadow of doubt

Chaplain (COL) Mickey Morton
Installation Chaplain

The pages of church history are full of accounts of faith that began as a doubt, but when doubts were examined honestly, they burst forth into a mature faith. At one point in his life C.S. Lewis was known as a “solidly congealed atheist.” He thought that his atheism was in full swing and not to change. He said later in his autobiography, “suddenly, the reality of Jesus Christ closed in on me, and I became a convert literally “dragged into the kingdom by my heels kicking and screaming.”

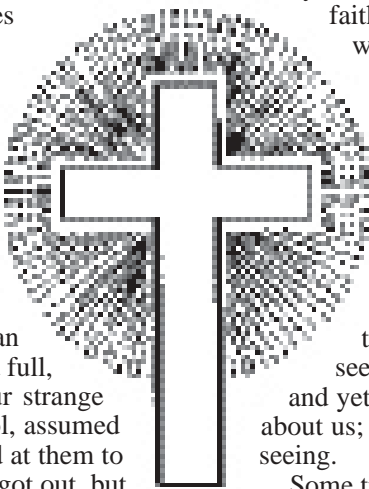
In John, Chapter 20, we find the disciples behind locked doors in fear. “When it was evening on that day, the first day of the week, and the doors of the house where the disciples had met were locked in fear... Jesus came and stood among them... he showed them his hands and side. The disciples rejoiced when they saw the Lord. But Thomas... was not with them when Jesus came.” (Verse 19)

We all know the feeling of being sure, beyond a shadow of a doubt. An elderly woman left the grocery store with a shopping basket full, but as she approached her car she saw four strange men sitting in it. She whipped out her pistol, assumed the two-hands-on-the-gun stance, and yelled at them to get out of the car with their hands up. They got out, but they ran away escaping her wrath.

The strangest thing happened next, when she got into her four door, black Camry, the key would not fit into the ignition; then she noticed some things in her glove compartment that did not belong in her car. She got out and looking around found her own four door black Camry parked four spaces away. She decided she had better go to the police station and report what had happened. As she told her story to the Desk Sergeant he began to laugh, and pointed to four scared guys in the corner who had reported an attempted car jacking by a gun-wielding elderly woman.

Sometimes, when we are as sure as sure can be, we had better take a second look.

So Thomas initially doubted, but so did the rest of the disciples. But that is OK. Without a doubt or two, or ten, none of us would have progressed down the road from dis-



belief to belief. It was, after all, a lot to believe. But coming to faith is a process that gets us to that precipice where we take that leap of faith.

A chaplain friend of mine who is airborne qualified, compared his faith experience to that of his first parachute jump. The course had prepared them as best they could on the ground, and the jumping and rolling from ten and fifteen foot ramps. They were all young and adapted well, but there came a day when they got them up in a big C-140. The buzzer sounded when they were over the drop zone at the correct altitude, and as we have all seen in the movies,

they stood and, one by one, took that first leap of faith. Mark said that his leap of faith in Christ

was the same kind of experience. He had some evidence that the chute would deploy. He would see others opening. He trusted his instructors, but then it was his turn to jump. By the way, he also told me that they had a name for those who refused to jump; they called them “Pushed.”

Nobody had to push Thomas into believing. For when he saw the Lord, he said, “My Lord and my God! Jesus said to him, ‘Have you believed because you have seen me? Blessed are those who have not seen and yet have come to believe.’ Here, He’s talking about us; we are the ones who come to faith without seeing.

Some time back, in the Wizard of Id, the Wizard is talking to one of the peasants as they watch the W. C. Fields-looking character, the lawyer, walk away. The peasant asks, “Who was that?”

The Wizard says, “Larsen E. Pettifogger, the King’s barrister. “ Then the peasant asks, “In what area of the law does Mr. Pettifogger specialize?” And the Wizard replies, “The gray area.”

So many people these days seem to be specializing in the gray areas of life; they can’t get a handle on the realities. Thomas seemed to be like that when he first returned to the Upper Room. However, Thomas found out that in Christ there is no gray area. Without a doubt, Jesus wants us to live without a doubt. But when doubts do come up, Jesus calls us to turn them over to him. He will smile and hold out his hands for you to touch and then lead you to the truth through new faith or deepening faith we already have.

New NIOC commander

Capt. Sean Filipowski addresses Navy Information Operations Command Georgia during a change of command and retirement ceremony Friday on Barton Field here. Vice Adm. James McArthur, commander of Naval Network Warfare Command presided over the ceremony. Filipowski took command from Capt. Robert Ford who retired after 27 years of Navy service. Following his retirement, Ford will remain in the area as chief of staff of the National Security Agency/Central Security Service Georgia, located at Fort Gordon.



Photo by Larry Edmond



U.S. Navy photo by Chief Edward Martens

Rainbow ship

The U.S. Military Sealift Command Hospital ship USNS Mercy (T-AH 19), anchored off of the coast of Jolo City June 8 is framed by a vibrant rainbow. Since its arrival, Mercy's staff has assisted thousands of local citizens with medical and dental care. During its stay, this care was provided by a portion of Mercy's staff working side by side with their Filipino counterparts at several medical centers in the city, as well as patients being given care on the ship itself. Mercy is on a five-month humanitarian deployment to South Asia, Southeast Asia, and the Pacific Islands.

OK to choke the boss

Spc. Stephen Schofield seems to be enjoying the opportunity to apply the pressure as he pins down Lt. Col. Robert Barker, 63rd Signal Battalion commander, while practicing combatives in Training Area 24, June 8. The 63rd Sig. Bn. held training last week to learn common skills that every Soldier needs to know. Platoon-sized groups cycled through stations training on the EST2000 shooting simulator, convoy live fire exercises, urban operations, land navigation, and combatives to gain the skills they need to be effective war fighters.



Photo by Spc. Christina Powers

EAMC graduates care providers

Jennifer Chipman
EAMC Public Affairs Officer

Dwight D. Eisenhower Army Medical Center held its graduate medical education graduation and awards ceremony June 9.

Over 50 future combat health care providers graduated representing 13 GME programs available at the medical center.

Prior to receiving their diplomas, an awards ceremony was held and the graduates were addressed by Maj. Gen. (retired) Patrick Sculley, former Deputy Surgeon General of the Army.

Capt. Jason Seery was presented the Residents Research Award for the medical service and Capt. Justin Bordlemay received it for the dental service. The Transitional Year Research Award went to Capt. Anastasia

Piotrowski. Capt. Edwin Farnell was awarded the Alton B. Peyton Award for the outstanding graduating family medicine resident. The Walter J. Moore Award for excellence in internal medicine went to Capt. Lindsey Gaines. Maj. Dirk Slade was awarded the Clarence M. Yeargin Award for excellence in orthopaedic surgery. The Alexandria Xenakis Award for outstanding gradu-

ating resident went to Capt. Erin F. Switzer. This year's William L. Moore Award for teaching excellence was awarded to Lt. Col. Anthony Ramage. This award is presented every year to a member of the faculty who has been selected by the intern class here at Eisenhower.

During his graduation address, Maj. Gen. Sculley shared with the graduates the lessons of his life. Leadership is made up of four major components; time, information, praise and power.

"The more time you share, the more time you will have," said Sculley.

He stressed the importance of sharing information to create knowledge, how people need to hear how well they are doing, and the importance of empowering your subordinates.

"Understand and respect people's dignity, there is no timeout for ethical responsibility," he said.

More Americans get skin cancer

Susan Huseman
Army News Service

Skin cancer affects one in five Americans, with more than one million new cases diagnosed each year, according to the American Academy of Dermatology.

Carlos Harris, a 67-year-old retired first sergeant and skin cancer survivor, knows firsthand about the effects of overexposure to the sun. He is being treated for basal cell carcinoma.

Harris has had three surgeries to remove cancerous growths. His forehead and left temple are scarred, and where the skin and underlying tissue were surgically cut out there are now depressions.

"I was 30 when I started to get these spots on my face. They started to turn brown, got infected and scabbed over," said Harris.

The scabs came and went, but the brown spots stayed. Finally, Harris went to a doctor and was diagnosed with skin cancer. He currently receives cryotherapy treatments, by which the cancerous cells are frozen and killed.

"I will have to use medication for the rest of my life," said the fair-skinned Harris. He will also have to avoid the sun.

Skin cancer can occur anywhere on the body, but is most common where the skin gets the greatest exposure to sunlight - face, neck, hands and arms.

People with multiple or changing moles should see a dermatologist once a year to monitor and biopsy any suspicious moles.

The best defense against skin cancer, said Dr. (Maj.) Juan Pico, an internal medicine physician at the Hanan Health Clinic, is sun safety. Wide-brim hats, long sleeves and sun block with an SPF 15-30 is best. High-risk people should use an SPF of 30-45, applying frequently if swimming or sweating.

Pico also recommended avoiding the noonday sun, but cautioned that sun exposure occurs even on cloudy days.

While some people are willing to brave the risks of cancer to achieve a tan, Harris said "looking good" doesn't keep the cancer at bay.

"It's a mistake to lie out in the sun or go to these tanning salons or use a sun lamp. You have to take care of what you have," he said.

(Susan Huseman writes for the U.S. Army Garrison, Hesse, Public Affairs Office.)



Photo by Francisco Cruz

T-TIME cleans up

Members of Transforming Teenagers Through Ministry Everyday spent last Saturday morning helping out at the Eisenhower Fisher House. The group took on the task of cleaning the privacy fence that borders the property. After they finished the fence, the teens cooked hamburgers and hotdogs for all of the residents that were staying in the Fisher House. T-TIME is a Fort Gordon Post Chapel sponsored group.

Pentagon Memorial construction to begin

Sgt. Sara Wood
Army News Service

WASHINGTON – As another sign of progress toward establishing a lasting tribute to the 184 people killed at the Pentagon on Sept. 11, 2001, the start of on-site construction for the Pentagon Memorial was marked with a ceremony here Thursday.

“I knew going into this that this would be more of a marathon rather than a sprint,” said Jim Laychak, president of the Pentagon Memorial Fund. “The fact that we’re here, at the groundbreaking, two and a half years from when we’ll dedicate the memorial, shows that we’re making progress and shows that this is real and this is going to happen.”

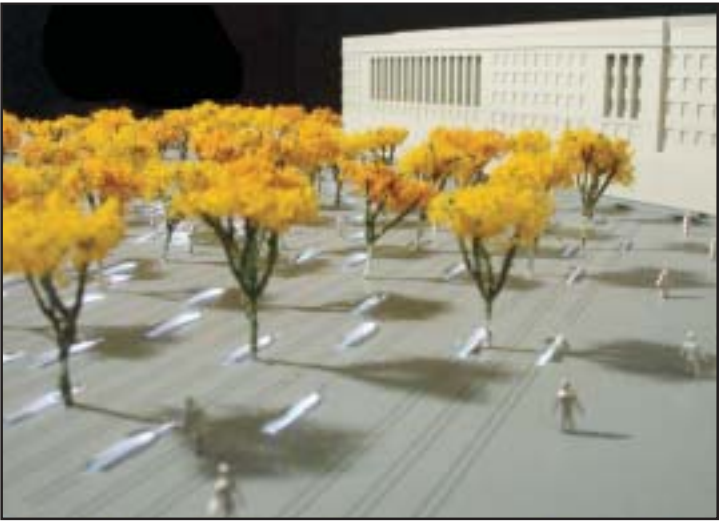
“It’s not only about the families,” he said. “It’s about the people that were here in this building that was attacked. It’s about anybody in Washington, D.C., or the community at large, that witnessed what happened here, because this was our nation’s military headquarters.”

Laychak, whose brother David was killed at the Pentagon on Sept. 11, has been involved with the Pentagon Memorial planning since 2002, when the design competition for the memorial began.

Laychak and other family members of victims were part of a “family steering committee” that provided input and guidance to the design selection process. After the design was selected, the family members formed the Pentagon Memorial Fund to raise money for the memorial.

“(Sept. 11) was just such a momentous event in our history that I kind of knew that they were going to do something,” Laychak said. “It was just a matter of the process and how you go about doing it to make sure you have an appropriate memorial, and I think we followed a wonderful process.”

The family members had input into the decision, along



Courtesy photo

This image shows how the Pentagon Memorial will be built on a two-acre site at the Pentagon, just outside the spot where terrorists crashed the hijacked American Airlines Flight 77 into the building.

with a jury of architects and people from the Pentagon community, he said.

The winning design was chosen because it invited contemplation and created a comfortable, peaceful atmosphere, Laychak said.

“It makes you think without telling you what to think,” he said. “It’s an individual memorial; it’s a collective memorial, because it’s about all those people – really a cross section of America that died that day – and in a very subtle way, it tells the story about what happened here.”

The memorial will be built on a two-acre site at the Pentagon, just outside the spot where terrorists crashed the hijacked American Airlines Flight 77 into the building. The design includes 184 illuminated benches representing each of the victims killed, with lighted reflecting pools beneath each bench.

There will also be an “age wall” surrounding a perimeter bench around the memorial, which grows in height from two inches above the seating surface to 71 inches above the seating surface, to represent the victims’ age range. The illuminated benches, which will each bear the name of a vic-

tim, will also be arranged by age and will follow the path of the plane into the building, said Keith Kaseman, one concept designer for the memorial.

“The question for us was, ‘How do you make a place so special that it just provokes contemplation?’” Kaseman said. “When we first set out, we knew this place would be like no other.”

Kaseman and Julie Beckman, who both moved here from New York City, created the design for the memorial, and are now working fulltime to make it a reality.

“Our role is to do whatever we can to ensure the quality level is the highest it can be,” Kaseman said. “Our goal is to know there’s a place that can help people heal.”

The idea for the memorial came from Kaseman and Beckman’s personal experiences on Sept. 11 in New York, Beckman said. The day was a surreal experience with lasting effects, she said.

“In the months after, living and working in New York, we really felt the sadness of the country,” she said.

Beckman and Kaseman decided to enter the competition partly for themselves, and partly as a service to the coun-

try, Beckman said.

“We felt that this was a way to contribute to the conversation about how these people will be honored,” she said. “It helped us to begin to solidify some feelings and emotions.”

The victims’ families have been involved with the design team all along, and have provided constructive input that helped the design come together, Beckman said.

Beckman and Kaseman have been busy working with others on research and development of materials for the memorial, Beckman said. They are designing the memorial to last 100 years without maintenance, she said, so they are learning a lot about building materials.

To ensure the memorial is preserved for many years to come, the Pentagon Memorial Fund is aiming to raise \$10 million beyond the \$22 million building cost to establish a maintenance fund, Laychak said. So far, the fund has raised \$10.8 million from an internal Pentagon employee fundraiser and public and private donations, he said.

(Sgt. Sara Wood writes for the American Forces Press Service.)

Event gets men cooking ...literally

Larry Edmond

Signal staff

The first Men in Aprons cook-off had organizers and participants smiling with joy at the end of the event Saturday at the Gordon Club.

It may have been the mounds of delectable and varied foods and the free flowing cold drinks. Or it may have been the non-stop chatter of the master of ceremonies, Black Entertainment Television comic Ice Cream. Or it may have been the novelty of the chefs who came forward with their specialties.

No matter what the reason, the result was that it was a sweeping success, according to the organizers.

No one in the crowd of more than 220 diners expressed dissatisfaction with the event as they were treated to food, drinks, entertainment and door prizes.

As they were introduced and presented with aprons the group of 14 cooks beamed.

The event provided opportunities for the participants to express their culinary and personal flair. Command Sgt. Maj. Arthur Washington, Garrison command sergeant major, was positioned at a table next to John Boutte, plans manager, Directorate of Plans, Training, Mobilization and Security.

It was a recipe for fireworks. Both men prepared barbecue ribs.



James Green (right), shares his Mexican corn bread and vegetable chili with fellow chef David Edmiston of the Fort Gordon Fire Department.



Photos by Larry Edmond

John Boutte (left), plans manager, Directorate of Plans, Training, Mobilization and Security offers one of his secret recipe Southwest Texas style ribs to competing cook Command Sgt. Maj. Arthur Washington, Garrison command sergeant major during the first Men In Aprons event at the Gordon Club Saturday.

Boutte said his Southwest Texas style ribs are the best. Looking over to Washington and waving one of his ribs aloft, Boutte loudly declared, "When he tastes these he will pack up and put his stuff back on the truck."

Without hesitation Washington responded, "I'm glad to see he can look up to the big man right here and feel he can come up. All I have to say is this is finger-licking good."

The secret of his ribs, said Boutte, is his secret seasoning and slow cooking. "You can't rush ribs. I set my grill up outside the club at about two o'clock. I finished at right about six."

Boutte makes his own sauce that he characterizes as "kind of tangy, but not spicy."

"This is it. This will take the show," said Boutte. I don't make these too often. It's just for a special occasion and I take this to be a special occasion. I love the crowd. I love Soldiers. That's why I am here."

Washington said, "I am all about making sure folks get a good variety of tastes." He said the secret of his spare ribs is his special seasoning and marinating at least overnight. "Then I came out here and cooked them slowly on charcoal." Nod-

ding to his rival, he added, "He cooked his on gas...but it's still all good."

"Oh yeah," he tossed back, "I brought that good banana pudding, too."

Not to be outdone easily, David Edmiston and Mike Gaul, of the Fort Gordon Fire Department, showed up with fire house specialties of barbecue meat balls with a secret sauce. Edmiston cooked sour cream pound cake topped with fresh strawberries and whipped cream. They also prepared a huge slab of ribs.

Willie Nero, Fort Gordon Lodge employee, and his son also cooked a variety of foods that included barbecue venison, ribs, barbecued and baked chicken, salads, beans, and desserts.

As he made a second trip around the tables, Doug Hale, a retired Sailor, said, "This is great. I am really enjoying it."

"I really enjoyed it," said Maxine Lawson, a military family member. "The food is good."

"The event was wonderful...a lot of fun," said Hillary Boyce, Retirement Services officer. "It was a great experience."

When everyone had eaten and all the prizes had been awarded, the DJ turned up the music and the crowd, young and old alike, danced and celebrated the event.

Road closure

In support of the DOIM/I3MP communication utility installation, the intersection at 40th Street and Avenue of the States will be closed from 8 a.m.-5 p.m. daily **Monday** to **Thursday**.

Detour signs at 39th Street and 42nd Street will direct personnel to 3rd Avenue or Brainard Avenue. For more information, call (706) 791-4222.

Changes of command

The 369th Signal Battalion change of command will be held at 8 a.m. on Barton Field **Tuesday**. Lt. Col. Nelo Thomas will relinquish command to Lt. Col. Ralph Higgins.

The 551st Signal Battalion change of command is 8 a.m. **June 27** at Barton Field.

Outgoing commander Lt. Col. Michael Shillinger will relinquish command to Lt. Col. Jeanne Hutchinson. Call (706) 791-6217 for information.

RecruitMilitary Career Fair

A RecruitMilitary Career Fair will be held at the Georgia International Convention Center from 11 a.m.-3 p.m. on **Tuesday**. The convention center is located in College Park, Ga. in the Greater Atlanta area.

The event is for veterans with a wide variety of work experience who are transitioning from active duty, members of the National Guard and reserves and military spouses.

For more information, visit www.recruitmilitary.com.

POW luncheon

Retired Lt.Col. Barry Bridger, an F-4 pilot who was shot down over North Vietnam, will speak at a joint AUSA/AFCEA/SCRA luncheon at 11:30 a.m. on June 22 at the Gordon Club. Cost is \$10 for military and \$15 for all others.

Reservations must be made by **Monday**. For more information, call Brenda Howard at (706) 855-0099.

First Ride

A First Ride and meeting of a Fort Gordon sponsored Motorcycle Chapter will be held **Saturday** at 10 a.m. at the Fort Gordon Motorcycle Safety Course in the parking lot adjacent to the Class Six store. The First Ride is aimed at developing a Motorcycle Chapter with an emphasis on motorcycle safety. Anyone with a motorcycle who is assigned to Fort Gordon is invited for the ride and barbecue.

Charity pageant

Stars over Georgia Beauty Pageant will hold a Back-to-School event at 1 p.m. at the Aiken Mall on **July 15**. No experience or pageant attire required. Prizes include two \$100 savings bonds, golden star tiaras, crowns, scepters, satin sashes, certificates and flowers. This pageant partially benefits the St. Judes Children's Hospital.

Registration forms available at the Aiken Mall. For more information, call Dee Evans at (706) 651-1852.

Juneteenth

The African American Association of Augusta celebrates Juneteenth from noon-6 p.m. **Saturday** at Pendleton King Park in Augusta.

Activities include singing, games, storytelling, food and fun. The event is free and open to the public. For

DCPDS training

Army Regional Tools and Defense Civilian Personnel Data System 11i training for managers and administration points of contact personnel will be held **Tuesday, Sept. 28** and **Oct. 26**. The training will be conducted by Donna Anderson at Cobb Hall, Building 25801 in Room 112.

For more information, e-mail Donna Anderson at andersod@gordon.army.mil.

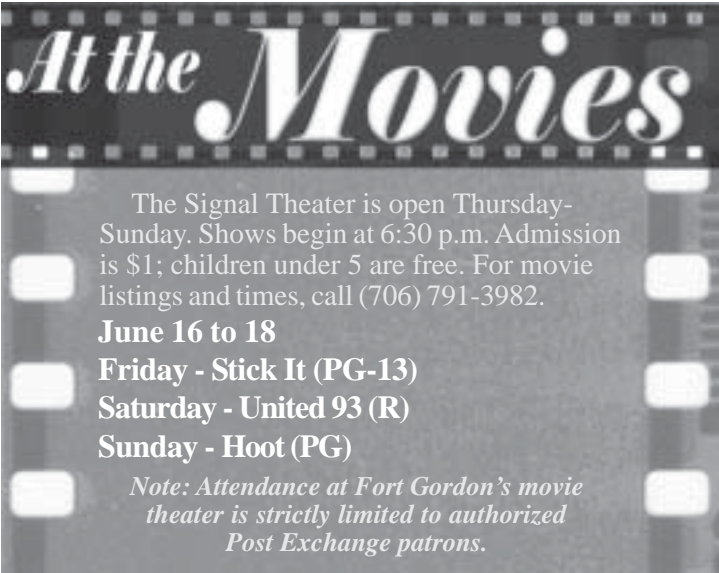
Building shelters

As part of the Wilderness Survival Series, there will be a Building Trail and Camp Shelters class at Mistletoe State Park **Saturday** at 7:30 p.m. Participants will learn how to create simple shelters that can save lives. For more information, call (706) 541-0321.

Motorcycle ride

The American Legion Riders is having its second annual motorcycle rodeo **Saturday** at the American Legion Post 178 on Richmond Hill Road.

A poker run and scavenger hunt begins at 9 a.m.; other activities including a bike



show, games, vendors and more begins at 1 p.m. Admission is \$5 for poker run and \$6 for field activities. A portion of proceeds benefit the Fisher House. For details, call (706) 414-2220.

Signal reunion

The 17th Signal Battalion is having a reunion **Sept. 14** to **17** in Philadelphia. For details, call (703) 281-3170 or e-mail adjanssen@aol.com.

Dulcimer workshop

A dulcimer workshop and concert presented by the Garden City Strummers Dulcimer Club will be held at Mistletoe State Park **Saturday** from 10 a.m. to noon. Learn to play this classic folk instrument with hands-on instruction. For more information, call (706) 541-0321.

Camp cooking

Creative Camp Cooking will be held at Mistletoe State Park **June 24** at 6 p.m. beside the assembly shelter. This is a hands-on demonstration that includes baking biscuits in a cardboard box, cooking an egg on a skewer, frying hamburgers on a rock and more. For more information, call (706) 541-0321.

Host families needed

IntoEdventures, a student exchange program, is seeking host families in this area.

For information, call Brenda Randall at (888) 634-8789 or go to www.into

edventures.org.

Ordnance Corps meets

The Fort Gordon Ordnance Corps Association meets at 11:45 a.m. the first **Wednesday** of each month for lunch at the Gordon Club. For information, call Mitchell Johnson at (706) 791-6551.

Christian Singles

The Christian Social Association for Single Adults meets from 8-11 p.m. each **Saturday** at Westside High School.

Admission includes dance lessons from 7-8 p.m., and refreshments are provided.

Cost is \$5 for members, \$7 for non-members. For information, call Gail at (803) 507-7274.

Jewish Bible study

A Jewish Bible study and discussion brown bag luncheon is at 11:30 a.m. the first **Wednesday** of each month at Barnes Avenue Friendship Chapel. For details call Capt. Jonathan Shoenholz at (706) 791-7166.

Youth chapel group

The Fort Gordon Chapel Youth for middle and high school students meets from 6-8 p.m. **Sundays** at the Installation Chaplain office. The group is nondenominational and meets for fellowship and teaching biblical principles. For details, call David Bowers at (706) 294-8408.

Sports

Sports UPDATE

Step aerobics

Gym 3 now has step aerobics from 11:30 a.m.-12:30 p.m. Monday to Friday.

The class is open to all authorized users with ID card and over 16 years of age.

For more information, call (706) 791-2864.

Building shelters

As part of the Wilderness Survival Series, there will be a Building Trail and Camp Shelters class at Mistletoe State Park **Saturday** at 7:30 p.m. Participants will learn how to create simple shelters that can save lives.

For more information, call (706) 541-0321.

Sports camps

Fort Gordon Child and Youth Services is holding Specialty Sports Camps now through **Aug. 11**. Camps include soccer, baseball, fishing golf and multi-sports.

The cost is \$20 per week and children must be registered through CYS central registration.

For more information, call (706) 791-7575 or visit www.fortgordon.com.

Horse camp

Hilltop Riding Stable is holding youth horse camps through **Aug. 4** from 7 a.m.-4:30 p.m. daily.

The camp is open to the public ages 7-13. For more information, go to www.fortgordon.com or call (706) 791-4864.

Camp cooking

Creative Camp Cooking will be held at Mistletoe State Park **June 24** at 6 p.m. beside the assembly shelter. This is a hands-on demonstration that includes baking biscuits in a cardboard box, cooking an egg on a skewer, frying hamburgers on a rock and more. For more information, call (706) 541-0321.

Volleyball camp

Augusta Prep's fourth annual volleyball camp is **Monday to Friday**. There are two sessions for middle school (9 a.m.-noon) and high school (1-4 p.m.) Cost is \$100 and includes a T-shirt. For details, call (706) 863-1906 ext. 361 or e-mail richb@augustaprep.org.

Paintball course

The paintball course behind The Courtyard is open 3 p.m. Friday, 10 a.m. Saturday and 1 p.m. Sunday, each day until dark.

Group rates available; call (706) 228-5540 for more information.

Go-kart track open

The Fort Gordon Go-Kart Track is now open behind The Courtyard. Go-kart hours are 4-9 p.m. Fridays, 12-9 p.m. Saturdays and 1-7 p.m. Sundays.

The cost is \$5 each ride. For information, call (706) 791-5078.

Golf course

Gordon Lakes Golf Course is open daily, 6:30 a.m.-7 p.m., offering 27 holes of play and a driving range.

For information call (706) 791-2433.

Army takes spotlight at Arena Bowl

Pfc. Carl N. Hudson

Army News Service

LAS VEGAS – Members of Las Vegas's 6th Recruiting Brigade celebrated the Army's 231st birthday a few

days early at the Arena Football League's Arena Bowl June 10.

In pre-game festivities, 48 newly enlisted Soldiers were sworn into the Army by U.S. Army Accessions Commander Lt. Gen. Robert Van Antwerp.



Photo by Pfc. Carl N Hudson

Lt. Gen. Robert Van Antwerp, commanding general, U.S. Army Accessions Command, swears 48 future Soldiers into the Army during the Arena Bowl's pre-game show June 10.

"Our mission is recruiting, and today we're here to help educate and create awareness about the opportunities the Army offers," said Col. Stephen Wilkins, commander of the 6th Recruiting Brigade. "It's a good reminder to the public of the freedoms and democracy that we enjoy in our great nation."

The Army has sponsored and participated in the AFL for years in hopes that exposure of the Army's traditions will inspire new recruits. Spectators at this year's event were also treated to performances by the U.S. Army Chorale and U.S. Army Drill Team.

With the War on Terror going into its fifth year, many of the newly enlisted Soldiers will put "boots on the ground" in Iraq or Afghanistan.

"They know the war is not over, and they know they are going to combat," said Staff Sgt. Sean Patterson, Bronze Star recipient and veteran of Operation Enduring Freedom, now serving with the 864th Engineer Combat Battalion.

"I'm okay with joining in a time of war," said Nicole L. Terschick, 17, of San Francisco. "I'm up for the challenge."

Regardless of Soldiers' reasons for answering their country's call to duty, Van Antwerp said he was impressed by the willingness of today's generation to serve.

"Since (September 11, 2001), over 600,000 young people have joined the Army," said Van Antwerp. "It tells me a lot about this generation – the grandsons and granddaughters of 'The Greatest Generation.'"

A traditional cake-cutting ceremony was held on the eve of the Arena Bowl outside Las Vegas's Thomas and Mack Center. Bystanders and Soldiers watched the cake being cut with an Army saber, and the serving of the first two pieces to Command Sgt. Maj. Joseph E. Laplante, the eldest Soldier, and Cpl. Nicholas D. Tibbs, the brigade's youngest Soldier. This symbolizes the passing of the Army's tradition of honor and success from one generation to the next.

"It reminds all of us to be part of that legacy today and into the future," said Wilkins.

(Pfc. Carl N. Hudson writes for the 10th Public Affairs Operation Center.)

Soldier among finalists for Coach of the Year

Tim Hipps

Army News Service

ALEXANDRIA, Va. – U.S.

Army World Class Athlete Program rifle coach Maj. David Johnson is one of five finalists for the U.S. Olympic Committee's 2005 National Coach of the Year award.

Johnson coaches the USA National Rifle Team at the U.S. Olympic Training Center in Colorado Springs, Colo. Athletes under his tutelage won eight medals in the 2005 World Cup competition. They also secured five Olympic participation quotas and two victories at international junior-level tournaments.

Johnson was responsible for the development of more than 30 national and national-developmental team athletes last year as Team USA's head coach for all international competitions, USOC officials said.

"This is the first time I've received an honor like this, being a finalist for USOC coach of the year," Johnson said. "I'm quite humbled by it. I'm one of those folks who believe you're only as good as your athletes. We have some very high-quality men and women that train, military and civilian,

here at the Olympic Center and at Fort Benning, Ga. (home of the U.S. Army Marksmanship Unit).

"It's my privilege to be in the WCAP program, which allows me to coach them. With their hard work, it's easy to make a coach look good. I appreciate their efforts and I do my best for them."

Johnson also served on Team USA during the 2004 Summer Olympics in Greece, where he coached civilian Matt Emmons to a gold medal in 50-meter prone rifle shooting and WCAP Maj. Michael Anti to silver in the 50-meter three-position event.

"I'm now programmed to be the Pan Am coach in '07 and the Olympic team coach for rifle shooting again in 2008 in Beijing," Johnson said.

Johnson, 42, a native of Mount Holly, N.J., has been a member of the U.S. National Rifle Team for 17 years. He competed at the 1992 Olympics in Barcelona, Spain, where he placed 11th and 21st in air rifle and three-position shooting respectively.

After leaving active duty and joining the Army Reserves in 2000, Johnson began coaching full time at the University of

Alaska Fairbanks and led the Nanooks to three individual and two team NCAA championships.

In June 2002, Johnson returned to active duty, was assigned to WCAP at Fort Carson, Colo., and selected as rifle coach for the U.S. National Team.

"I take it very seriously as my job to do everything I can to get them on the podium," he said. "So far we've done pretty well."

Johnson began shooting in 1972 at the Langley Junior Rifle Club in Virginia. A 1982 graduate of Hampton High School, he holds a bachelor's degree in finance from West Virginia University.

Mike Candrea of USA Softball, Gail Goestenors of USA Basketball, Bobby Kersee of USA Track and Field and Eddie Reese of USA Swimming are the other finalists, USOC officials announced June 7. The award will be presented June 23 during the Night of Champions gala at the U.S. Olympic Assembly in La Jolla, Calif.

(Tim Hipps writes for the U.S. Army Community and Family Support Center Public Affairs Office.)



Photo courtesy Army News Service

Army Reserve Maj. David Johnson of the U.S. Army World Class Athlete Program works with Sgt. 1st Class Anthony Leone. Johnson is one of five finalists for the U.S. Olympic Committee's 2005 National Coach of the Year award to be presented June 23 during the Night of Champions event in La Jolla, Calif.

Sampey, Brown lose second-round races; Schumacher out in first

Army News Service

JOLIET, Ill. – U.S. Army Racing Pro Stock Motorcycle riders Angelle Sampey and Antron Brown both fouled out in second-round competitions during Sunday's Carquest Auto Parts NHRA Nationals at the Route 66 Raceway.

In addition, their U.S. Army Racing teammate Tony "The Sarge" Schumacher was eliminated in the first round of the Top Fuel sessions.

PRO STOCK MOTORCYCLE
Sampey, who retained her points lead in the 2006 NHRA POWERade Pro Stock Motorcycle Championship, red-lit in a quarter-final run against Matt Guidera. She was .002 seconds early in leaving the starting line.

"I knew I had to be on my game to beat Matt (who had run a 7.083-second pass in round one)," said the three-time world champion. "I really tried to cut a great light, which is something I am working on this year. I want to win races at the tree and the finish line this season."

Sampey, winner in three of the four previous 2006 races, advanced to the second round on an initial pass of 7.106 seconds at 187.00 miles per hour, defeating Joe DeSantis who ran 7.199 seconds at 184.35 mph.

Brown moved into the second round by nursing a broken motorcycle to the finish line in 12.386 seconds, at 61.23

mph, while Tom Bradford fouled at the start line during their initial-round contest.

"This was just an off week," said Brown, who remains in third place for the 2006 championship. "I have so much confidence in Steve (Tartaglia, crew chief) and the team who are working so well, giving me a terrific bike each race; maybe I'm just trying too hard to cut a perfect light and make a perfect run."

"We'll go back to the shop, get prepared and come back next week ready to win," he added.

TOP FUEL
After losing a cylinder early in the run, Schumacher, who qualified first for the sixth time this season, was upset in the first round by 16th-position qualifier Alan Bradshaw.

The U.S. Army Racing Top Fuel Dragster covered the quarter mile in 4.603 seconds at 307.93 mph, compared to Bradshaw's 4.545 second, 325.77 mph pass.

"We've got a great car and a great team led by Alan Johnson (crew chief)," said the three-time POWERade Top Fuel Champion, "Something just broke today and things like that happen to every team."

The reigning Top Fuel champion remains in eighth place in this year's championship hunt heading into next weekend's K&N Filters Supnationals.



Courtesy photo

A fishy derby

Austin Duncan, 14, holds two catfish he caught during the Fort Gordon Kid's Fishing Derby held here June 3. Approximately 180 children attended the event with 1,127 fish weighed in. First place winners were Briley Miller, 5 years old and under; Nicholas Williams, 6 to 8-year-olds; Brett Silas, 9 to 12-year-olds; and Lester Finley, Jr., 13 to 15-year-olds. Duncan hauled in 10 pounds, 1 ounce of fish during the derby. The greatest amount of fish was brought in by Williams with a total of 33 pounds, 7 ounces. Door prizes, shirts, hot dogs, chips and drinks were provided for all of the children.

Pregnant Soldiers keeping fit, healthy

Larry Edmond
Signal Staff

(Part two of a two-part series on wellness)

When a Soldier gets pregnant she still has some tough hurdles to keep up all the responsibilities of her job and care for a new life.

According to the U.S. Army's Center for Health Promotion and Preventive Medicine, about 8 percent of female active-duty Soldiers gave birth in 2002. Previously, the Army did not have an Army-wide physical training program for pregnant or postpartum Soldiers.

Most training personnel at the unit level are not familiar with proper exercises for pregnant and postpartum Soldiers, according to CHPPM literature. Numerous Soldiers are left to train on their own or do not train at all, which becomes a morale and readiness issue for the Soldier and unit, according to the CHPPM document.

The Army wants to ensure that pregnant Soldiers get all the support that is needed for the welfare of the mother and the child.

As a result of this, the pregnancy/postpartum physical training program was developed.

The goal of the program is to improve force readiness by providing a safe, effective and standardized program led by instructors trained in pregnancy and postpartum fitness.

The pregnant Soldier program is coordinated through the Health and Wellness Center here.

Melody Brown, a registered nurse specializing in community health and Health and Wellness program manager said, "The Fort Gordon program is designed to maintain fitness levels of pregnant Soldiers and successfully integrate postpartum Soldiers back into unit physical training programs, having met their physical fitness and height/weight standards, as soon as possible."

The relatively new program is championed by the U.S. Surgeon General. While not a mandatory program, once a Soldier enrolls in the program, attendance becomes mandatory with accountability reports submitted regularly to participants' units.

Four days each week, with a fifth day on the drawing board, the Soldiers participate in the program. Three days a week, for an hour each day, the women perform a variety of exercises tailored to their special condition. One day a week, pregnant Soldiers attend an educational session where they learn about such matters as nutrition and childbirth.

The women are split into groups depending on where they are in their pregnancy. Soldiers in the first trimester of pregnancy and postpartum mothers are in one group and can work at a different intensity level.

Soldiers in their second and third trimesters work together within their limits.

"If there were no structured program, it would be much harder on the Soldiers and some would not do any PT,"

Brown said about the postpartum PT program. "Some would go to their sections and just jump right back into a regular unit PT that was not geared toward properly getting back in shape."

The three days of structured exercise include walking two miles around Barton Field, aerobic floor work and water aerobics augmented with classroom sessions on the fourth day for pregnant Soldiers. Post-partum participants complete a four to five mile run/walk.

Classes are client-focused and cover various subjects from raising stepchildren to caring for babies.

The goal of the program is "helping Soldiers maintain a level of fitness throughout the pregnancy and smoothing the transition to get mission ready, as soon as possible after the birth of the baby." The program runs throughout the term of the pregnancy and up to six months post-partum.

Four staff members and a network of volunteers are currently serving 35 Soldiers.

An important part of the program includes postpartum services. The center places emphasis on serving

the needs of parents who must care for an infant.

"We have developed a worksite lactation room where any mother can come in, sit down and have a good let down." The lactation room is equipped with a large lounge chair, television, videos, breast pump for expressing milk and a sanitary area for cleaning.

"The let down process requires a relaxed atmosphere and we have it," Brown said.

"Even husbands are helping," said Brown. "We encourage fathers to take part.

We have a breast feeding class at lunchtime that is open to any beneficiary."

The third Wednesday of the month from 11:30 a.m. to 1 p.m. the Health and Wellness Center has a class that teaches the benefits and methods of breast feeding. "We have door prizes, lots of information and, of course, the class. We encourage fathers to come in and learn the process. Breast feeding is good. Breast milk is the gold standard...the best formula for an infant.

"We sell them on the money-saving aspect of it. Dads care about their babies too."

Brown says the benefits of breast feeding are numerous.

"Breastfed babies are known for not being as sick," she said. "They have higher IQs. There is a scientifically validated body of data that breastfed babies are less susceptible to cancer and obesity. Lots of good things evolve for breast-fed babies. Not to mention that the mothers' benefit. Breastfeeding mothers tend to lose weight easier. Producing milk burns about 500 to 1,000 calories each day."

She points to her own experience with the benefits of breastfeeding. "You are looking at a mom who was a big weight gainer. At the one-year checkup

after my first baby I was 10 pounds under my pre-pregnancy weight after a 65 pound gain during the course of pregnancy." She attributes her successful weight loss to breastfeeding.

On the wall of her office are dozens of babies from fami-

lies involved in the Pregnant/Postpartum Soldiers program.

The center has plans for expansion to accommodate the numbers of Soldiers taking part in the program.

Call the Health and Wellness Center at (706) 787-6756 for additional information.



Photos by Larry Edmond

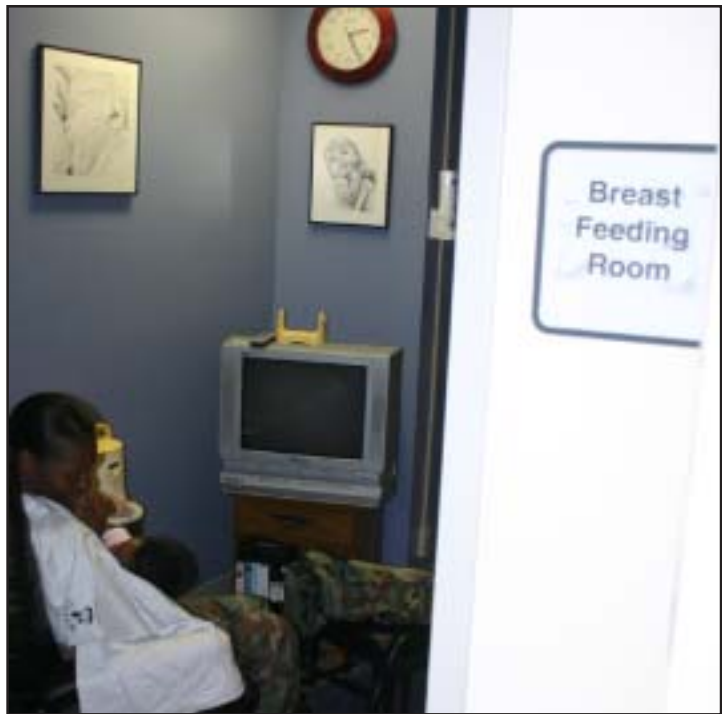
Soldiers workout in Gym 3 with exercise balls as part of the regimen provided by the Health and Wellness Center Pregnant Soldier program.



The daily routine for pregnant Soldiers includes an extensive program of stretching (left) and floor exercises, followed by a workout on the track. (Right) In the post-partum program 1st Lt. Yvette Riope, 297th Military Intelligence Battalion and (right) Sgt. 1st Class Teresa Kemp, NCO Academy complete their two-mile walk/run together. The Soldiers exercise in groups of two for safety and keep water bottles handy to ensure adequate hydration.

"Breast milk is the gold standard...the best formula for an infant."

Melody Brown
Health and Wellness Center Director



(Above) Sgt. Danielle Stephens, A Co, EAMC and NCOIC of the Health and Wellness Center takes advantage of the center's feeding room to nurse her daughter. (Below) After nursing, Stephens plays with her 3-month-old daughter Caelyn Danielle.



(Left) Melody Brown, Health and Wellness Center director leads pregnant Soldier program participants in a stretching routine and (above) in modified push-ups that help tone and strengthen the Soldiers' upper bodies so that they can quickly rebound to meet regular physical fitness standards after delivery.